Health Resources

Overview of Health Resources workshop

- Find research studies in a scholarly or peer-reviewed journal.
- Use Subject Directories that give reliable and up-to-date information on health issues.
- Access library databases in the area of health issues.
- Find reliable resources when searching Google.
- Find books focusing on health that are in the library and also available online.

PICK A TOPIC

In Google type [world health organization] Click “health topics” on the blue bar across the top of the page. This will give you some ideas for your topic.

How to find a study in a scholarly or peer-reviewed journal

1. At [http://lamission.edu/library] - click on Library Resources and then click on EBSCOHOST Databases

   **From home** - click on the database you want to search. On the login page enter your student ID number and pin (pin is month and day you were born)

2. Under “Limit Your Results” click in the box Peer Reviewed.

3. In the search box, type in your topic and either the word research or study.
   Examples: diabetes and research or diabetes and study

When you look at your document you should see headings such as “Methods”, “Outcomes”, “Data Analysis” and “Results.” Usually this type of article is rather long.

How to find reliable articles on websites

At [http://lamission.edu/library] - click on Recommended Websites.
Domain-key clue to the information source.
.com-commercial entities
.edu-education institutions, limited to community colleges, four-years colleges and universities.*
.net-network providers
.org-non-profit organizations
.gov-agencies of the federal government*
.mil-U.S. military
*reliable domain
To limit your results to only one domain-Click on ADVANCED SEARCH at the bottom of your result page. At this time enter gov by domain and also limit the date at this location to the past year. Click on advanced search button. Now your results will only be .gov that have been updated in the past year.

Four great websites with reliable health articles
Healthfinder: http://www.healthfinder.gov
MEDLINEPlus: http://medlineplus.gov
PubMedCentral: www.pubmedcentral.nih.gov
Center for Disease Control: www.cdc.gov